



3rd Infantry Division retakes its role in history



Sgt. Ben Brody
Brig. Gen. Edward Cardon, 3rd Inf. Div. assistant division commander -support, greets Maj. Gen. Rick Lynch, 3rd Inf. Div. commanding general at Camp Victory, Iraq, Wednesday.

ACS provides guidance for children

Kurt Wolfe
Frontline Staff

Army Community Services has been around since 1965. It has grown from providing pots and pans to Soldiers and their families. Now, ACS provides a full range of services such as financial assistance, counseling, victim's advocacy programs and other special events and programs. These activities are made available to Soldiers, family members and retirees. It is at a time of deployment, however, that ACS steps forward like no other organization, recognizing the critical needs of the Army family while Soldiers are being deployed. Children, from toddlers to teens, can have a particularly difficult time in dealing with the deployment of a parent, especially during the years that a child might most need that parent at home. The remaining parent is often left to manage the household as well as manage the home.

Lucia Braxton, has worked for ACS for 23 years and serves as its Chief. Even after all these years she is still excited and animated when talking about the many services ACS offers. She especially recognizes how important family support services like ACS are during a time of pre-deployment. But if the discussion of deployment is depressing, all that melts quickly away with Braxton's smile and enthusiasm. She knows that her job, and that of ACS in general, are making a very real difference. And she is ready with very specific recommendations. "We encourage families to come to our pre-deployment briefings," advises Braxton. "All of the services you might need, from JAG, to Military One Source, will be discussed. They can provide all kinds of literature and even CDs that help children to adjust better. You obviously deal with a young child differently than you do with a teenager." In years past it was almost impossible for a parent to keep in

touch with family except through general mail, and that meant lengthy delays. It is very different now notes Braxton. She sites a number of ways a parent can stay in touch and be a part of the family during a deployment. "Tape several books," she suggests. "That way the child can listen to it throughout the deployment and hear or see the parent just like they are there. We also have email and in some cases web cams that Soldiers can use to keep in direct contact with their children." With all the technology at hand, however, Braxton advises that Soldiers not lose site of the old fashioned way. "Just sit down and write a letter," says Braxton. "When you send an email message it has no feeling to it. But when you write a letter you can put little dots and hearts and notes on the side. You actually held it in your hands and it makes a difference to that child when they hold it." **ACS** ————— See Page A15

134 Iraqi police finish training, graduate Phoenix Academy

Spc. Ricardo Branch
1st BCT Public Affairs

CAMP RAMADI, Iraq – The 134 trainees had only one step left to complete their training – graduation. The new Iraqi police graduated March 6 from the Phoenix Academy at Camp Ramadi. "Today is a great day for the Iraqi police," said Sgt. Samir Nazar a Phoenix Academy instructor. "The graduation is special for them because it shows all the hard work and training they endured was not in vain." During the training, the Iraqi police built upon their weapon skills through reflexive-fire training, learned different search procedures, practiced intelligence gathering and learned different ways to set up checkpoints. "I have been here for seven months now, training Iraqi police and Iraqi army soldiers, and I could not be any prouder," Nazar said. "We teach them to have pride in their country, and we

see it when they leave here." "Since we've been graduating Iraqi army and police we've received a lot of calls from them out in the city talking about how they learned so much, which helps them daily." Soldiers from Headquarters and Headquarters Battery, 1st Battalion, 41st Field Artillery see the instruction they give to the Iraqis as a benefit for the police and Coalition Forces operating in and around the Al Anbar province. "The Iraqi police who graduated today will go out to their stations now and have a grasp of the operations they will be performing in Ramadi and the types of things the U.S. forces conduct," said Sgt. Lawrence Marion, a Phoenix Academy instructor from HHB. "So when they will be told to set up checkpoints in the city, conduct searches, and question locals, they will know exactly how to do it from the training they received at the Phoenix Academy."

See PHOENIX ————— Page 7A

Bandits bring medicine to Al-Boetha

Spc. Ricardo Branch
1st BCT Public Affairs

Ramadi, Iraq – The troops arrive in their humvees amidst curious looks from school children. They could be greeted by gunfire, but instead Soldiers are greeted by smiles. The Soldiers from Troop B, 5th Squadron, 7th Cavalry Regiment brought hope to the people in their area with the drop off of medical supplies during a visit to a clinic and school renovation March 10 at Al-Boetha. "When you drop off medical supplies, it takes care of the kids, families and people who really need it most out here," said Capt. Jacob Dalton, Trp. B, 5-7 Cav company commander. "It's very difficult for them to get medical attention out here so by us taking medical supplies, it shows we're here to help." He said that along with supplies, he

sends his medics to help the people as well. "I send our medic out to see what additional aid we can provide to the people during these types of missions," Dalton said. "We help out in any way we can." Dalton, a 30-year-old Topeka, Kansas native said that with the increased effort of reconstruction and security in Ramadi, his Soldiers are able to go off and provide aid to the people living where his unit operates. "Because the Iraqi security forces are doing such a good job in this area, there is not much of a need for us to go out, kick in doors and conduct raids," he said. "We're more focused on providing assistance to the ISF who are conducting those missions." During much of the unit's previous tour around Balad in 2005, they had to focus more on combat operations than providing aid to people. **See BANDITS** ————— Page 16



Master Sgt. Rodney Williams
Soldiers assigned to the 92nd Engineers line up to board a bus for Hunter Army Airfield just outside of Caro Gym. A total of 19 members of the unit deployed last week to Iraq to merge up with the rest of the Battalion already there. See story on Page 15.

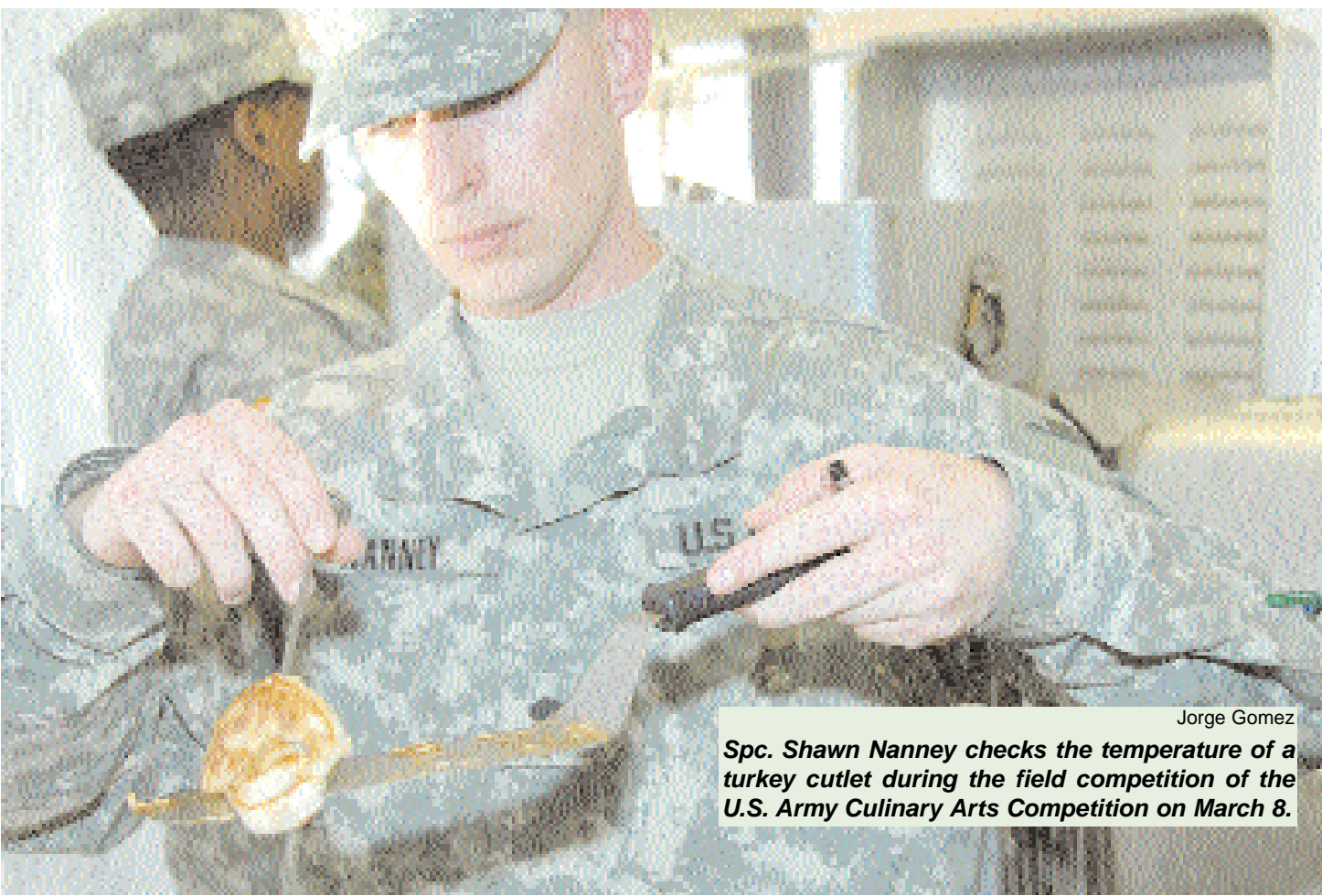


Hot rods and cruisers visit Stewart, see Page 1B

Speed limits back to normal on Highways 119, 144, see Page 6A

Community remembers heroes at Warrior's Walk, see Page 14A





Jorge Gomez
Spc. Shawn Nanney checks the temperature of a turkey cutlet during the field competition of the U.S. Army Culinary Arts Competition on March 8.



Jorge Gomez
Sgt. Antoinette Scott, cooks chicken parmesan during the nutritional hot food challenge of the U.S. Army Culinary Arts Competition on March 14.



Mike Strasser
Spc. Sidney Lupree, works on an encrusted lamb with whipped potatoes entree, as he competes March 5 in the Senior Chef of the Year event during the 2007 U.S. Army Culinary Arts Competition at Fort Lee, Va.

T. Anthony Bell
Pfc. Kelly Keyes and Spc. Raymond Christian hurries to prepare a dish during the Junior Chef of the Year competition March 6.

Team takes third in Army culinary competition

Special to the Frontline

Ten Fort Stewart Soldier-chefs who made up the Fort Stewart and Hunter Airfield culinary arts team, captured third place of the Installation of the Year title at the 32nd Annual U.S. Army Culinary Arts competition at Fort Lee, Va. this month, taking seven silver and 13 bronze star medals in event competition.

Out-cooking 14 of 17 teams competing, the Stewart and Hunter team also won 20 American Culinary Federation Medals and two team members were selected for the United States Army Culinary Arts Team, earning an opportunity to compete in the 2008 Olympics.

A Fort Bliss, Texas team took first place for installation of the year and a team from U.S. Army Europe earned the second spot in the competition. Other teams competing came from the Pentagon, Fort Benning, Ga., Fort Bragg, N.C.; Fort Carson, Colo.; Fort Lewis, Wash.; Fort Lesley McNair, Va., Fort Riley, Kan.; Fort Sill, Okla., Alaska, Hawaii, and Korea along with teams from the U.S. Army Reserves and U.S. Coast Guard and Marines.

Members of the Fort Stewart team are: Staff Sgt. Wilna Smith, 226th Quartermaster Company, 87th Combat Support Battalion, 3rd Sustainment Brigade; Sgt. Antoinette Scott, 632 Maintenance Co., 3rd Support Brigade; Pfc. Kelly Keyes, Headquarters and Headquarters Co., 3rd Brigade Support Battalion, 1st Brigade; Spc. Shawn Nanney, Forward Support Co., 176th Field Artillery, 4th Bde.; Spc. Gil Hernando, FSC, 176th FA, 4th Bde.; Sgt. Maj. Olivia Walker, food service sergeant major; Spc. Sidney Lepree, HHC, 26th BSB; Spc. Raymond Christian, 24th Ordnance Co., 87th CSB, 3rd Support Brigade; Spc. Raphael Odom, 5th Squadron, 7th Cavalry, 1st Bde.; Spc. Bradley Neaves, F Co., 3rd Bn., 69th Armor, 1st Bde.; Sgt. Onica Branche, HHSC, STB, 3rd Infantry Division; and Spc. Christian Palacios, F Company, 703rd Brigade Support Battalion, 4th Brigade, who all made up the 2007 Culinary Arts Team for Stewart and Hunter.

Both Christian and Keyes were selected to the USACAT. The USACAT competes in both national and international competitions, including the world cup in Luxembourg, and Hotel Olympia in London, England, culminating every four years with the Internationale Kickkunst Ausselellung – the culinary Olympics, in Germany.

Also, Scott passed the American Culinary Federation examination for certified culinarians.

Competing against more than 150 other Soldier-chefs, Stewart and Hunter chefs cooked and decorated their way to third place amidst thick competition, missing the top achievement by only 2/10s of a point, according to a Fort Lee release.

Scott said the team challenge started before the competition, as they mustered a team of cooks together in between deployments.

"It seemed like we were almost not going to be able to come here, and its been about five years since we've last been here," Scott said.

She said that each award they earned is special to a team of all first-year competitors.

"We all 'medaled' in everything, and were simply excited to have this opportunity before our next deployment," Scott said. "Even though we didn't get the gold in everything, we're happy. This is a confident team and a team that works well together. We want to come back next year."

The competition, held March 5-16, began 32 years ago to challenge military cooks to continually raise the standards of excellence and professionalism.

Fort Stewart, Hunter winning trophies in Culinary Arts

Junior Army Chef Of The Year – Silver Medal Pfc. Kelly Keyes, 3rd BSB, 1st Bde.	Spc. Shawn Nanney, FSC, 176th FA, 4th Bde.
Ugr-A Field Competition 4 – Silver Medals Sgt. Antoinette Scott, 632nd Maint Co, 3 SB Spc. Shawn Nanney, FSC 176th FA, 4th Bde. Spc. Christian Palacios, F Co, 703rd BSB, 4th Bde. Spc. Raymond Christian, 24th Ord. Co, 87 CSB, 3 SB	Two Restaurant Style Platters Spc. Raymond Christian, 24th Ord. Co., 87th CSB, 3rd Sustainment Bde.
Cake Decoration – Silver Medal Spc. Raphael Odom, 5th Sqdn., 7th Cav., 1st Bde	Decorated Celebration Cake – Bronze Medal Spc. Raphael Odom, 5th Sqdn., 7th Cav., 1st Bde.
Centerpiece In Tallow – Silver Medal Spc. Bradley Neaves, F Btry, 3/69 Armor, 1st Bde. Spc. Gil Hernando, FSC 176th FA, 4th Bde.	Six Different Cold Appetizer Plates – Bronze Medal
Senior Army Chef Of The Year – Bronze Medal Spc. Sidney Lepree, HHC, 26th BSB, 2nd Bde.	Baron Galand Culinary Knowledge Bowl – Bronze Medal Sgt. Antoinette Scott, 632 Maint. Co., 3rd SB
Pettit Fours – Bronze Medal Spc. Christian Palacios, F Co., 703rd BSB, 4th Bde.	Decorative Centerpiece – Bronze Medal Spc. Bradley Neaves, F Co., 3rd Bn. 69th Armor, 1st Bde.
Student Team Skills – Bronze Medal Spc. Christian Palacios, F Co., 703rd BSB, 4th Bde. Spc. Raymond Christian, 24th Ord. Co., 87th CSB, 3rd Sustainment Bde.	Hot Or Cold Desserts – Bronze Medal Spc. Shawn Nanney, FSC, 176th FA, 4th Bde.
Spc. Sidney Lepree, HHC, 26th BSB, 2nd Bde. Pfc. Kelly Keyes, 3rd BSB, 1st Bde.	Team Captain Sgt. Major Olivia Walker, G4 food service
Nutritional Hot Food Challenge – Bronze Medal	Co-team Manager Sgt. Onica Branche, HHSC STB, 3ID
	Spc. Shawn Nanney, FSC, 176th FA, 4th Bde.
	Team Apprentices Sgt. Wilna Smith, 226th QM Co., 87th CSB, 3rd Sustainment Bde.
	Spc. Gil Hernando, FSC, 176th FA, 4th Bde.

CG: Help take a stand against sexual assault

Maj. Gen. Rick Lynch
3rd Inf. Div. commanding general

Folks, here is a message of great importance to every member of our team.

Men and women both are at risk to a terrible crime. I'm speaking of sexual assault. No doubt it's a difficult subject to talk about but it's an issue we have to confront.

It's an issue that hurts human beings. It is an issue that affects unit morale. It's an issue that crosses the boundary of decency and respect and it is an act that we just won't tolerate.

You know that I have high expectations of leaders. And so I'd like to address leaders first. We have to have an environment that will not tolerate sexual assault and the attitudes that promote it.

Don't tolerate behaviors that allow others to be intimidated because of who or what they are. Each Soldier has the right to serve his or

her nation without feeling uncomfortable.

We have to have an environment where the victims of sexual assault receive care and support that they need. Finally we need to have a climate in our organizations where offenders are held accountable for their actions. The victims of sexual assault will not be re-victimized by a failure of leadership in our formations.

Next I'd like to address each individual with guidance on what to do if you have been sexually assaulted. First, and immediately you should go to a safe location away from your attacker.

Preserve all the evidence of the assault. Do not bathe or wash your hands or brush your teeth. Evidence will be very important later if



we are to hold an attacker accountable.

Do not clean up the crime scene. Next, contact the sexual assault response coordinator, victim advocate, or healthcare provider.

Finally, every person needs to understand where they can go to seek help. There are phone numbers and a web site where you can get more information.

The sexual assault response coordinator phone number for Fort Stewart and Hunter is 912-767-1035. The SARC for Fort Benning is 706-545-8740. Twenty-four hour hotlines are also available. Those numbers are: for Fort Stewart, 912-767-

3032, for Hunter is 912-315-5343, and Fort Benning is 706-566-7393.

There is a rape crisis center in Savannah and the phone number there is 888-241-7273, and the sexual assault support center for Columbus is 706-571-1908.

Finally, there is also a website where you can get more information. It is: www.sexualassault.army.mil.

Nationally, sexual assault awareness month occurs in April and commits to raising awareness and promoting the prevention of sexual violence through the use of special events and public education. This year we adopt the theme stand up against sexual assault...make a difference.

No matter where you are, deployed or at home preparing to deploy, let's all take a stand on this important issue and build a climate that prevents the crime, supports victims, and holds assailants accountable.

ROCK OF THE MARNE!

Garrison Command Sgt Maj addresses Spring Safety



Charles E. Durr, Jr.
Garrison Command Sergeant Major

Spring will soon rejuvenate our spirits and with this energy will come the return of warm weather activities. Across the installation, Soldiers, their family members and our DOD Civilians will increase highway leisure travel in privately owned vehicles and return recreational vehicles to the forefront of off-duty activities. Other warm weather recreational activities will also increase. Awareness of the inherent dangers these activities pose will aid in the safe transition from winter to spring.

Leaders at all levels must ensure that personnel within their commands are aware of the risks involved in and associated with the return of warm weather and warm weather activities. Tools avail-

able to help leaders reduce the potential for accidents are available on the Combat Readiness Center Web Page. <https://crc.army.mil/home/>

Privately owned vehicle accidents remain the single greatest threat to Soldiers and their families. The dangers of driving can be reduced significantly by planning ahead, wearing seatbelts, starting trips well rested, and taking frequent breaks when driving long distances. Give yourself plenty of time to arrive at your destination and avoid driving at excessive speed. Drinking and driving is not only against the law – it all too often kills! Never drink and drive! Have a plan!

Riding a motorcycle is a risk in itself. Acting responsibly and safely is imperative to reduce the risk and enjoy the privilege of riding. Leaders should identify, counsel and mentor Soldiers to practice proper risk management when operating

a motorcycle. Know those Soldiers who demonstrate a higher risk (young Soldiers, first time riders) and establish appropriate measures to reduce the risk of those Soldiers.

Ensure that the proper protective clothing and equipment is being worn while on bicycles, rollerblades and skateboards. Conduct these activities in approved locations and areas that are free from obstruction, holes and obstacles.

Keep in mind the return of our children to the outdoors on bicycles, tricycles, skateboards and the like. Be extra cautious, slow down and keep an eye out for children at all times. Don't allow your children to play in streets and parking lots.

Whatever your plans are this spring, manage the risk involved, be prepared and thoroughly analyze your actions prior to execution. Our Army and nation need you! "ROCK OF THE MARNE!"

Lynch makes departure stand-to before deployment

Pat Young
Frontline Staff

Maj. Gen. Rick Lynch, 3rd Infantry Division commanding general, conducted his last stand-to with leaders, Soldiers, family and community members at Rocky's Friday night.

Lynch re-introduced the new Division Marne-7, Command Sgt. Maj. Jesse Andrews and his wife Frankie.

Andrews joined the command group after serving as the 3rd Brigade command sgt. maj. at Fort Benning.

Standing before the crowded club, Lynch and Andrews shared a moment of silence and listened with their fellow team members to "American Soldier" by Toby Keith.

He said if people listened to the song, they'd take away a piece of the message of

why many Soldiers served, and how they felt.

Lynch shared his heart with those in attendance and thanked everyone for their contributions to getting the division ready. He gave a special thanks to his wife Sarah, who he said stood by him and gave him strength to do the things he had to do.

The event was sponsored by the Association of the United States Army, which provided a free banquet to attendees including roast beef and ham, shrimp cocktail, crab salad, cheese and other refreshments.

"We're here to support our Soldiers," said Luis Carreras, spokesperson for AUSA. "We're the Army's voice in Washington," Carreras said. "Because Soldiers are busy fighting the nation's battles, AUSA will continue to fight for their rights."

American Soldier

By Toby Keith

"I'm just trying to be a father
Raise a daughter and a son
Be a lover to their mother
Everything to everyone
Up and at 'em, bright and early
I'm all business in my suit
Yeah, I'm dressed up for success
From my head down to my boots

I don't do it for the money
There's bills that I can't pay
I don't do it for the glory
I just do it anyway
Providing for our future's my responsibility
Yeah I'm real good under pressure
Being all that I can be
And I can't call in sick on Mondays
when the weekends been too strong
I just work straight through the holidays
And sometimes all night long
You can bet that I stand ready when
the wolf growls at the door
Hey, I'm solid, hey I'm steady, hey, I'm

true down to the core
And I will always do my duty no matter what the price
I've counted up the cost, I know the sacrifice
Oh, and I don't want to die for you
but if dyin's asked of me
I'll bear that cross with honor
'cause freedom don't come free
I'm an American Soldier, an American
Beside my brothers and my sisters I will proudly take a stand
When Liberty's in jeopardy, I will always do what's right
I'm out here on the front line
Sleep'in in peace at night
American Soldier, I'm an American Soldier

Yeah, an American soldier, an American
Beside my brothers and my sisters I will proudly take a stand
When Liberty's in jeopardy I will always do what's right
I'm out here on the front line
So Sleep in peace tonight
American soldier, I'm an American
An American, an American Soldier"



Catherine D. Johnson
Command Sgt. Maj. Jesse Andrews and Maj. Gen. Rick Lynch address leaders and Soldiers at Rocky's.

3rd Infantry Division salutes Women History

Sasha McBrayer
Fort Stewart Museum

At the "magnificent" Women's History Month Observance, justly characterized by the 3rd Infantry Division's own Commanding General, Maj. Gen. Rick Lynch, many extraordinary military women, as well as long-suffering spouses were commemorated.



In their summer uniform, SPARS stand in drill formation.

Hearing the individual stories of heroism was inspiring. One of the great heroines mentioned by keynote speaker, Lt. Gen. Ann Dunwoody, was female prisoner of war, Dr. Mary Edwards Walker.

Walker (November 1832 – February 1919) studied and taught medicine in New York and opened an unsuccessful practice with her husband and fellow doctor, Albert

Miller. At the time women doctors were not highly trusted. When the War Between the States broke out, Walker volunteered for the Union Army. Because women were prevented from being surgeons, Walker served as a nurse. When she could she worked close to the frontlines, often without pay. She was at many battle sites, including that of the Battle of Chickamagua where the 15th "Can Do" Infantry made a name for itself. Eventually, her efforts were rewarded via the commission as "Contract Acting Assistant Surgeon" in 1863. Thus, Walker became the first ever female U.S. Army surgeon. This would not be the last of her famous firsts.

There was another side to Walker. Apart from the dutiful doctor, she also had the talent of disguise. In fact, she had been arrested many times for impersonating a man. Walker put this skill to good use when she began spying for the Union Army. However, it was one such mission that led to her capture by Confederate Soldiers on April 10, 1864. She remained a POW for four

months. The Confederates negotiated her release by demanding a trade for the return of one of their own captured POWs. The exchange was made and as Dunwoody explained in her speech, it made Walker proud that she had been exchanged, man for "man".

In 1865, as recommended by Gen. William Tecumseh Shurman himself, President Andrew Johnson awarded Walker, the first woman in U.S. history, with the Congressional Medal of Honor.

Courtesy of the U.S. Coast Guard, here are the numbers of Military Women held as Prisoners of War during individual military conflicts as of July 17, 2006: Civil War – one; World War II – 88; Desert Storm – two; Operation Iraqi Freedom – three.

The Coast Guard also has a history of including servicewomen among their ranks, similar to the United States Marine Corps Women Reserve and the WAVES (Navy).

The Women's U.S. Coast Guard Reserves were called SPARS, which stood for "Semper Paratus: Always Ready." This is the motto of the

Coast Guard.

The U.S. Coast Guard was born around 1790 as a law enforcement force designed by the American Treasury Department to combat smuggling and assure the collection of import fees from cargo vessels entering U.S. ports.

It was 1915 when the U.S. Treasury Department merged the Revenue Marine with the "Lifesaving Service" to create the United States Coast Guard.

The small force became well known for deeds of heroism and self-sacrifice. It was March of 1917 when the Naval Reserve acquired servicewomen, nicknamed "Yeomanettes". It was not until 1942 that President Roosevelt implemented Public Law 773, allowing women to hold shore positions.

The Women's Reserve then became a recognized branch of the Coast Guard Reserve and the SPARS were born with WAVES officer, Dorothy C. Stratton as their leader.

As of last year these are the numbers of women Reservists and Guardswomen: Army Reserve – 23.1 percent; Marine Corps Reserve – 4.8 percent; Navy Reserve – 20.4 percent; Air Force Reserve – 23.8 percent; Coast Guard Reserve – 14.1 percent; and Army Nation Guard – 17.9 percent.

Courtesy Photo

Facility manager commits to Soldier, family well-being

Kevin Larson
Chief, Public Communications

The pink blossoms sway in a slight spring breeze. The early morning sun filters through the branches. A wind chime adds its gentle

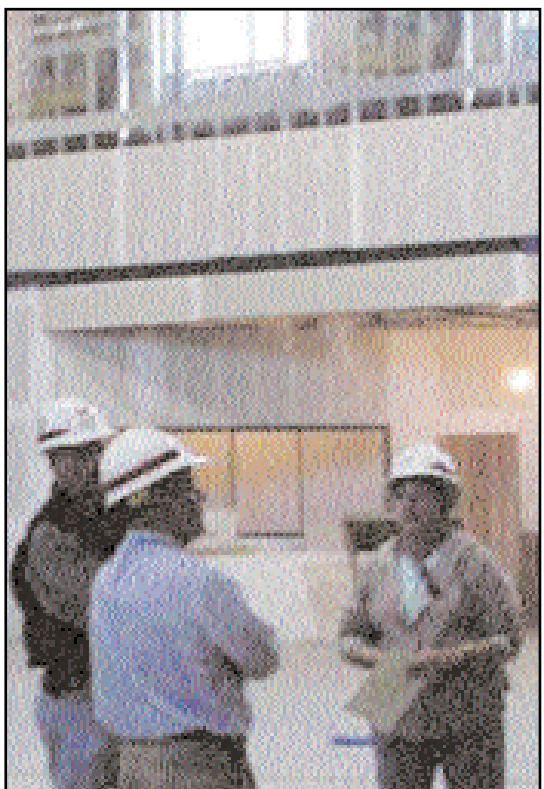


Photo provided

Director of Public Works, Mike Biering, goes on a site visit at Fort Stewart's new chapel. The chapel is just one of several construction projects underway on the installation.

notes to the sound of the breeze moving through the branches of the 320 Eastern Redbuds planted at Warrior's Walk here.

For Michael Biering, director of Fort Stewart-Hunter Army Airfield's Directorate of Public Works, it is the reason he comes to work in the morning.

"That's what we're all about," Biering said.

The living memorial to the fallen Soldiers of the 3rd Infantry Division and other units associated with Fort Stewart is the first place Biering brings visitors who come to the Directorate of Public Works. Honoring the sacrifices of Soldiers and meeting the needs of Soldiers and their families is all part of Biering's job.

"I provide the absolute best facilities, environment and infrastructure for Soldiers and their families to live, work, and train here," he said. "That's our mandate."

The commitment Biering has toward his job is reflected in his latest career milestone. He was recently named a certified facility manger, the first in the Installation Management Command's southeast region. The credential is a globally recognized industry standard awarded by the International Facility Management Association.

Recognition as a certified facility manager means both a success story for Biering and for Stewart-Hunter. The designation focuses and maps his professional development, Biering said. The credential is also one that requires recertification, so Biering will have to stay sharp on his knowledge of facilities management.

"It's another way to attain excellence and keep us on par with industry," he said.

Biering took an exam to earn the credential. The exam measures success and skill in nine specific areas, including real estate management, financial management, leadership and planning. The management skills that were measured by the exam are skills that Biering uses every day at work. He practices stewardship, he said, ensuring that the limited resources he does have are used to get the best results for Soldiers and their families.

"This job does get frustrating because of the limited resources," Biering said. "But, I volunteered for this. I am blessed to be in a position to still interact and work with Soldiers and their families."

A retired colonel with 26 years of Army service, Biering brings some of that martial discipline and all of his engineering knowledge to his position as the Director of Public Works.

The skills he learned commanding a brigade in combat carried over into his civilian career, giving Biering the ability to focus on the "long haul" in continuing to provide a high quality of life for Soldiers and families.

Focusing on the "long haul" demands time, attention to detail and working on the ground. Biering's soldierly discipline is evident in his daily schedule.

The day starts at 5:45 a.m. with an hour-long workout at the gym—a facility managed by his directorate. From the gym, it's off to check e-mail and get updates on overnight events from his staff. After the updates, meetings or on-the-ground coordination take up the rest of the day. If the day allows, Biering ends work at 5:30 p.m. so he can be home for dinner.

"I'm normally out of the office every day

taking care of business," Biering said.

And the business he's taking care of is significant. Under Biering's leadership, the public works directorate has had several successes.

Improved traffic flow at two major intersections and a barracks revitalization program are just two initiatives that have changed Fort Stewart for the better.

"The intersections at Frank Cochran and at the Troop Medical Clinic have seen great improvements, from being simple four-way stops to being robust intersections with turn lanes and traffic lights," Biering said. "The barracks along Gulick Road have seen marked improvement. As one Soldier said, 'They aren't perfect yet, but they're better than they ever have been.'"

Other successes include erecting a modular building for the 4th Brigade Combat Team to live and work in when the unit was created during 3rd Infantry Division's modular transformation.

"We were able to pull it off in record time," Biering said.

The directorate is now in the final phases of building permanent barracks for the brigade. Some of the barracks are already finished and home to Soldiers.

Adding 1,000 more homes to Fort Stewart's housing area with the assistance of GMH is another success for DPW, Biering said.

GMH is the Army's housing partner. The cantonment area would grow to accommodate them.

"I am dedicated to making this the best place to train, work and live in the Army," Biering said. "Everything we do is for the Soldier."

Construction by the book at Stewart, Hunter

Pat Young
Frontline Staff

The 3rd Infantry Division and the Fort Stewart and Hunter Army Airfield have a plan to transform the installation to meet future training and sustaining needs while revitalizing support to Soldiers and their families.

The plan is outlined in a book, a living document, prepared and maintained by the Directorate of Public Works.

"The commanding general, Maj. Rick Lynch, in his role as installation commander, wanted a vehicle to track the construction progress at Fort Stewart and Hunter, while he was away in Iraq" said Michael Biering, Directorate of Public Works.

The general requested DPW prepare a reference book focused on determining where the installation was at, and where it was going.

"The directorate of public works touches more than 70 percent of the entire operational and maintenance budget that comes to Fort Stewart and Hunter Army Airfield," Biering said. "We're a large directorate and the professionals who work here are experts at getting the largest bang for their bucks."

Biering said heroes like Anne delaSierra, master planner, and Ken Cook, system administrator were part of the equation that helped the installation maximize funding efficiency and helped Stewart and Hunter sustain training well into the future.

He said renovations went beyond repairing roofs and included replacing antiquated buildings to make room for new state-of-the-art facilities. He said Stewart and Hunter had to leave the 1940s structures to step firmly into the 21st century.

"The Army leadership realized the need to match first class facilities with first class Soldiers," Biering said. "IMCOM is the perfect vehicle to do that."

He said the commanding general was very involved in the programs.

"He's very interested in taking Stewart to the next level," Biering said. "This book tracks more than 87 projects at the Stewart and Hunter installation."

Biering said each time we finish one of these projects; it provides a

positive impact on the quality of lives for Soldiers and their families.

"Approximately \$150 million, from various sources will revitalize the Stewart and Hunter community," Biering said. "Some of the funds came from winning the Army Community of Excellence Award in an unprecedented three years in a row."

Cook said some of those funds went into expanding the Fort Stewart Library and adding running and bicycle tracks at Stewart and Hunter.

"The book tracks projects in progress, construction that is scheduled and projects that we are committed to do," said Cook.

"We're very excited about the program and construction program for

the next year," Bearing said. "It's a continuing challenge to garner resources and oversea a major construction program for a places as big as Fort Stewart and Hunter Army Airfield.

"When the Soldiers return, among the new facilities, they'll find the modularized facilities gone, and in their place new headquarters, 336 new barracks spaces, a brand new elementary school ready to open for the new year," delaSierra said.

Other projects scheduled include renovations at Winn Army Community Hospital, a new shop-pette, pavilions adjacent to Corkan Gym, an additional shoot house facility, an urban assault course, an Aircraft Maintenance shop, and much more.

Marne Voices Speak Out

What do you feel is important about AER?

"I've never requested one, but I guess it is a good thing to help other Soldiers."

Pvt. Luis Arevalo
512 QM



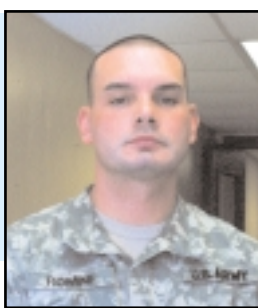
"It's a good program. It helps keep the Soldiers away from credit card debt, which leads to so many bankruptcies."

Veronica Restrepo
Hunter Branch Librarian



"It's a great tool the military can use to take care of its younger Soldiers that are in need."

Sgt. 1st Class Kenneth Romine
HHC, Avn. Bde.



"I think the AER loan is there to help Soldiers in a time of need like with rent or a late car payment. It is a good thing."

Pvt. Ryan Archer
512 QM



"The AER program is a great way for Soldiers to help Soldiers in need."

Chief Warrant Officer John Rechtien
C Co. 3/3 Avn.



"I think the AER is very good. It helps Soldiers through a time of need through a loan or grant."

Staff Sgt. Calvin Brown
HHC, Avn. Bde.



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opinion!**
Write a letter to
the editor!

Send to:

Public Affairs Office
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894 William H. Wilson Ave.
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Fort Stewart, Ga. 31314-4941
or fax it to 912-767-9366.

The **Frontline**

894 William H. Wilson Ave.
Bldg. 600C, Ft. Stewart
Hinesville, Ga. 31314

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ADVERTISING: (912) 368-0526
THE Frontline OFFICE: 767-5669

This civilian enterprise newspaper is an authorized publication for members of the U.S. Army. Contents of the **Frontline** are not necessarily the official views of, or are endorsed by, the U.S. government, Department of Defense, Department of the Army, or U.S. Forces Command. It is published weekly by the Public Affairs

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GARRISON COMMANDER COL. TODD A. BUCHS

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3rd Inf. Div. NCOIC — Master Sgt. Marcia Triggs
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Office, Fort Stewart, Ga. 31314-5000. All editorial content of the Frontline newspaper is prepared, edited, provided and approved by the Public Affairs Office of Fort Stewart, Georgia and the 3rd Infantry Division and is printed by Morris Newspaper Corporation of Hinesville, Inc., a private firm in no way connected with the

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Department of the Army, under exclusive written contract with Fort Stewart, Georgia. The civilian printer is responsible for commercial advertising. Subscription rates are \$12 - 3 months, \$20 - six months and \$36 for 12 months. Rates are Third Class mail inside the continental U.S.

ANNA GURRERA

A SPECIALIST

UNMANNED AERIAL VEHICLE PERFORMANCE SYSTEM VEHICLE OPERATOR IN OHIO

PROUDLY A U.S. RESERVE
MEMBER OF THE ARMY

HER FATHER WAS A
REAR ADMIRAL IN THE U.S. NAVY

ANNA GURRERA



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ARMY RESERVE

Like her father before her, Anna Gurrera knew she wanted to be a Soldier. And though she followed in his footsteps, she created a path all her own. Using the personal courage, dedication and unshakable confidence she's developed in the Army, SGT Gurrera is on her way to becoming a professional in the civilian world. By joining the Army Reserve, you'll also keep moving ahead. While continuing to serve your country, you'll get a bonus, extra paycheck and the chance to train near home. Learn more about SGT Anna Gurrera and how you can build a future filled with possibilities. Visit armyreserve.com/home or call 800-USA-ARMY.



Fort Stewart /Hunter Army Airfield Briefs

MGIB transferability to spouses

The Secretary of the Army has approved the transfer of up to 18 months of Montgomery GI Bill benefits to spouses as a pilot program. This program became effective on July 21 2006. The program is bound by law to the retention of critical skills.

Eligible Soldiers must have enrolled in MGIB on DD Form 2366 upon entry to active duty. If you cannot locate your DD Form 2366 check your official military personnel file or go online to Army Knowledge Online for details. Your education counselor can assist you with information about your MGIB benefits. Please contact your unit retention career counselor for details. This program is managed by retention personnel!

Work as youth volunteer

The American Red Cross Summer Youth Program begins June 11 and concludes July 20. Applications are available at the American Red Cross Office, building 253, Suite 2074. Students must complete youth volunteer application packets and attend orientation by May 31. Late applications will not be accepted. Work permits must be obtained for all youth under the age of 18. For more information please call ARC Office at 767-2197. Youth orientations will be held in the Patriot Auditorium, Winn Army Community Hospital 9:30-11:30 a.m., May 31. If a work location/office is interested in obtaining a youth volunteer for placement to assist this summer, please contact the American Red Cross, at 767-2197.

Scholarship Opportunity contest

Homefront America has joined the W. Daniel Tate family and Sara's Hope Foundation for a second year to host a scholarship contest awarding \$1,000 to 25 military family children. The organization is a member of America Supports You, a Defense Department program designed to connect U.S. citizens' support directly to troops and their families.

This year's contestants are asked to submit essays on one of four subjects: America, it's a wonderful country; Turning challenges into opportunities; Why I am proud to be an American; or My dad/mom - my hero. Essays not exceeding 500 words are due by April 23.

They will be judged by independent volunteers based on content, originality, grammar and spelling. Winners will be announced in May.

Stewart Highway speed limit increased

The DES, on behalf of the Installation Commander, is returning the speed limit on GA 144 and 119 from 45 MPH up to 55 MPH effective today for all of the remaining areas that were previously lowered.

Police change service hours

The police services branch of the Directorate of Emergency Services will be changing their customer service hours to meet community needs.

DES is located at 304 East Bultman Ave. in Building 283, next to the police station. The new hours are 7:30 a.m. to 4 p.m. Monday-Wednesday and Friday. The office is closed for lunch 11 a.m. to Noon. The office hours are Noon to 4 p.m. on Thursday. The police services branch provides taxi permits, copies of police reports and background checks. For more information, call 767-8495.

Special Olympics needs you

Volunteers are needed as huggers, event officials, score sheet runners and, most importantly, the cheering section at this year's Spring Special Olympics. The event is 8 a.m. to 3 p.m. April 13 at the Fort Stewart Quick Track, across the street from Newman Fitness Center. To volunteer or find more out about the event contact Mavis Crowell or Vickie Wiginton at 767-1257.

Legal Assistance changes location

The Fort Stewart Legal Assistance and Claims offices have been moved to the 2nd floor of Building 621 on William H. Wilson Ave. For more information, contact Legal Assistance at 767-8819 or Claims at 767-8185.

Find the Easter Eggs

The Hispanic Heritage Club will sponsor an Easter Egg Hunt at 10 a.m. March 31 At Diamond Elementary's football field. For more information, call Master Sgt. Pablo Rodriguez at 884-6098.

April is Month of the Military Child

Fort Stewart will hold an opening ceremony 8:45 a.m., April 2 at building 403. The guest speaker is Garrison Commander Col. Todd Buchs.

Also, the installation will have a "Super Fun Show" at 2:30 p.m. featuring Shawn Brown at Woodruff Theater.

More activities are scheduled throughout the month to commemorate the month including Wheels Day on April 20 and a carnival family picnic on April 27. Detail will follow in later issues.

Child Abuse Prevention Month

Parents with children under 12, come out and have fun at the Marne Lanes, April 3 and 10 from 3 p.m. to 5 p.m., April 4 from 2:30 p.m. to 4:30 p.m., and April 5 from 2 p.m. to 4 p.m.

Parents bring your teenagers to the lanes April 19 from 6 p.m. to 9 p.m. and on April 27 from 9 p.m. to midnight. Cost is \$1 per game (shoes included).

Sunrise Service

Fort Stewart will observe the Easter Sunrise Service at Cottrell Field 7 a.m. April 8. The service is open to all Soldiers, family members Department of Defense civilians, retirees, and surrounding communities. The service reflects the special significance of Easter Sunday and brings community members together.

Hunter Have Easter Brunch at Club Stewart

Don't miss the Easter Sunday Brunch, 10:30 a.m. - 1:30 p.m., Apr. 8, at the Hunter Club. The cost is \$12.95 for adults, and children ages 5-10 eat for half price. Children under age 5 eat for free. Get \$1 off with groups of 20 or more or with a church bulletin. Call 353-7923 for additional information.

Join Hunter Spouses for lunch

Don't miss a fabulous afternoon in City Market at Belfords restaurant, 11 a.m., Apr. 10 for lunch. Club participants will vote on the 2007-2008 board members for the club. Lunch is \$15. To reserve a spot, contact Tiffany Boyce, 925-1687, before Apr. 6.



Stewart Join Pen Pal Club

Our monthly meeting is here again. Members, bring a new friend to join in on the fun and take the time to write your pal. 3:30-4:30 p.m., March 28 at Southern Oaks Community Center.

Stop and Smell the Flowers

Welcome spring time with fresh flowers and a stress-free life! Come plant your very own flower and take advantage of some helpful information on how to alleviate stress in your family, 4-5 p.m., March 30 at Southern Oaks Community Center.

Hunter Join Pen Pal Club

Our monthly meeting is here again. Members, bring a new friend to join in on the fun and take the time to write your pal. 4-5 p.m., March 26 at New Savannah, New Callaway Community Center.

Stop and Smell the Flowers

Welcome spring time with fresh flowers and a stress-free life! Come plant your very own flower and get helpful information on how to alleviate stress in your family, 4:30-5:30 p.m., Friday at New Savannah, New Callaway Community Center.

PWOC offers studies on female needs

Fort Stewart's Protestant Women of the Chapel meets 9:30 a.m. to Noon every Wednesday at Marne Chapel. There are four studies offered this spring semester focused on the needs of the modern military wife and female military members. Childcare is provided by Child Youth Services caregivers. For more information please contact Tammy Owens at owenshouse2@msn.com.



Spc. Ricardo Branch

An academy instructor leads the newest Iraqi police graduates from the Phoenix Academy in a song and dance to the Iraqi national anthem March 6 at Camp Ramadi.

PHOENIX ————— From Page 1A

Throughout the training, the Soldiers viewed their time instructing Iraqi police as a good learning experience for all and valued the opportunity to teach what they know to the growing police forces of Ramadi.

“I feel really good about what we’re doing out here,” Marion said. “I took charge of a platoon of policemen, taught them all I know, and set them up to take charge for the future.”

The graduation was the final step of their training. Now, they take the first steps to defending their city and homeland as police officers.

Legal Notice

Anyone having claims against, or who is indebted to the estate of **Spc. Forrest Waterbury**, HHC, 3/69 Armor Bn., Fort Stewart, Ga, 31314 contact 1st Lt. Miriel Davis, Rear Det., 3rd BSB, Fort Stewart, Ga 31314 at 767-7529.

(1)

Anyone having claims against or who is indebted to the estate of **Sgt. William J. Beardsley**, 260th Qm Bn. Hunter Army Airfield, Ga, 31409. Contact Capt. Ryan Reed, HHD 260th, Qm Bn. Hunter AAF, Ga, 31409 at 315-8930.

(3)

Anyone having claims against or who is indebted to the estate of **Staff Sgt. Jerome L. King**, 3rd Inf. Div. Band, STB Fort Stewart, Ga, 31314. Contact Capt. Kurt Csizmar, STB S-4, Fort Stewart, Ga 31314 at 767-8747.

Saluting Savannah's St. Patrick's Day

Parade heralds CAB Soldiers



Sgt. 1st Class Thomas Mills
CAB Public Affairs

It was a day of kisses and well wishes last Saturday as hundreds of thousands of people flocked to downtown Savannah for the St. Patrick's Day Parade.

Participants in the parade came from around the world representing people and places including marching bands and societies from Ireland, police and fire fighters from New York City, as well as Soldiers from the 3rd Infantry Division and Rangers from Hunter Army Airfield.

Representing the 3rd Infantry Division, Commanding General Maj. Gen. Rick Lynch and his wife Sarah; Command Sgt. Maj. Jesse Andrews and his wife Frankie; and the Fort Stewart Garrison Commander, Col. Todd Buchs and his wife Renee preceded the 3rd Combat Aviation Brigade Soldiers, who marched in the parade. Many of them were new to the experience.

Crowd favorites, many people cheered and ran out to hug and kiss passing Soldiers as they moved down the streets to a steady cadence.

"This was my first time," said 1st Lt. Matthew Wesmiller, Headquarters and Headquarters Company, 4th Battalion, 3rd Aviation Regiment. "It was a great honor. It was amazing seeing everybody out there supporting us."

The support for the troops manifests itself in various ways. As the CAB Soldiers marched by, many of the spectators stood, clapped, cheered and waved. Still others, mostly women wearing bright red lipstick, rushed forward to hang green beaded necklaces from the Soldiers' necks and to give them quick kisses on the cheeks. By the end of the parade, many of the Soldiers marching had bright red cheeks, but it wasn't from blushing.

Spc. Robert Blinn, Co. D, 4/3 Avn., said it was his second time marching in the St. Patrick's Day Parade and he didn't have to think twice about stepping out this time. "Lots of women standing on the side, throwing beads," he said. "It's pretty fun. I volunteered this year."

As fun as the parade was for many, it was also an indication of how the people of Savannah and the area surrounding the city feel about the military.

"I was talking to my wife about it," said 2nd Lt. Gregory Wooten, HHC CAB. "I was surprised to see the overwhelming support we got from the city of Savannah. I appreciate it, that heartfelt feeling."

"It made me feel very proud that our town is supporting what we do," said Sgt. Yelixa Mawhorr, Co. E, 4/3 Avn.

The parade for the CAB started at Forsythe Park on Abercorn Street before winding its way through several squares to Bay Street. Though the weather was brisk early, people packed the route, and at points the street narrowed allowing well wishers to reach out and pat a Soldier on the back. Traveling west on Bay Street the marchers then turned south on Bull and the parade ended on the corner of Bull and Harris.

The Combat Aviation Brigade has often marched in the parade over the years. Hunter Army Airfield, where the CAB is stationed, is situated on the outskirts of Savannah and the CAB has close ties to the city.

Staff Sgt. Tyrone Murphy, Co. D, 2nd Battalion, 3rd Aviation Regiment, had experienced the parade nine times in all and said he was always willing to come back to feel the support from the local community.

"It was fun," he said. "It reminds you that the public is behind us. Every time gets better than the last."



Nancy Gould

A woman kisses a Soldier as he marches by during Savannah's St. Patrick's Day Parade.



Nancy Gould

Above: The Crab Shack Float was just one of many floats featured during Savannah's St. Patrick's Day Parade.



Left: A woman shakes hands with Soldiers as they march in the parade March 16.

Below: Maj. Gen. Rick Lynch, 3rd Inf. Div.'s commanding general and his wife Sarah led Soldiers during the parade.



Nancy Gould

Fort Stewart/Hunter AAF Command Sgt. Maj. Charles E. Durr and the 2007 Saint Patrick's Day Grand Marshal John V. Burke, lay a wreath on Sgt. William Jasper's monument in Madison Square on March 16 during a memorial ceremony.



Nancy Gould



Teacher recruiter visits Stewart

Special to the Frontline

Want to become a teacher but not sure how to get certified? If you have a college degree, it is possible that you could be teaching this fall.

To find out how, come to the Sgt. 1st Class Paul R. Smith Army Education Center's Military Teacher Recruitment night, 6 p.m., March 29. All military, military family members and military retirees who are interested in becoming public school teachers are invited to attend the event.

Studies have proven that military veterans make great teachers.

They bring a wealth of life experience to the classroom that adds a great deal to the learning experience. More importantly they are truly making a difference in lives of children.

In the last five years, more than 381 servicemembers from Georgia have used the Troops-to-Teachers Program to assist them in becoming public teachers. Over 50 Troops to Teachers, candidates have been hired in the school systems supporting the immediate Fort Stewart area.

The Sgt. 1st Class Paul R. Smith Army Education Center, The Georgia Troops to Teachers Program (www.tttga.net), The Georgia Spouse to Teachers Program (www.sttga.net) and the Chatham County Board of Education have combined efforts to sponsor the open house. It is designed to help qualified active duty, National Guard and reserve military members and their spouse's transition to new careers as teachers in Georgia's public schools.

Georgia employs over 110,000 public school teachers and hires more than 10,000 new teachers each year.

There are critical shortages for teachers who teach special education, math, science and foreign languages. As a result the Georgia Professional Standards Commission has developed a unique alternative certification programs to help attract and train qualified individuals that want to become public school teachers.

The Georgia Teacher Alternative Preparation Program is the state's alternative teacher certification program.

It allows eligible individuals to teach and earn a paycheck while completing requirements for full teacher certification. Ramon Ray from the Chatham County School System will attend the Military Teachers Recruitment Night and explain this program to those seeking employment via the GaTAPP Program.

Bill Kirkland, program manager for the Georgia Troops to Teachers Program and the Georgia Spouse to Teachers Program will explain how these programs can help eligible active duty, Guard and Reserve military members and their spouse's become teachers. Eligible Troops to Teachers candidates may receive bonuses as much as \$10,000 for teaching in Ft Stewart area schools.

For more information, contact the Sgt. 1st Class Paul R Smith Education at Fort Stewart at 767-8331, or the Hunter Education Center at 315-6130 or visit online at <http://www.stewart.army.mil/ima/sites/services/education/education.asp>

Fort Stewart & HAAF Education Matters

Educational Coffee slated

The Sgt. 1st Class Smith Education Center will host an education coffee 9:15 a.m., April 3. Join our counselor with your educational questions or concerns. The coffees are offered the first Tuesday of each month but counselors are available Monday through Friday for individual sessions. Call 767-8331 for more information.

Schools recruits troops

A troops and spouses-to-teacher-representative visits the Education Center 11 a.m. to Noon, April 25. For more information, call 767-8331.

Take CLEP, DSST test

College Level Examination Program and DANTES Subject Standardized Tests (DSST) are available on post. Please call Columbia College at 877-3406 for more information and testing dates.

Get free college credit

Columbia College-Spouse's Opportunity Scholarship provides a tuition waiver for an initial course with Columbia College at the Sgt. 1st Class Paul R. Smith Army Education Center for spouses of military personnel enrolled in their school. This is a value of \$435, which is the cost of their three credit hour, in the classroom, courses. The program is an incentive for eligible students to embark on a degree program, while completing the financial aid process and securing ongoing financial support.

Attend college graduation

Ft. Stewart 2007 graduates are being invited to join with the 2008 graduates for the May 15, 2008 ceremony. We are recommending they contact their individual colleges for an alternate ceremony if they want to walk this year.

On post schools college term dates:

Central Texas College, 876-4045 May 28-July 21; Columbia

College, 877-3406 May 14 -June 2; Embry Riddle, 355-0644 May 29 - July 30; Savannah Technical, 408-2430 Mar 30 - June 14 and July 9-Sep 19; Webster, 876-8080 May 28 - July 26

Get ESL assistance

Registrar for assistance with English as a second language, Noon to 1 p.m., every Tuesday and Thursday. The opportunity is free. For more information call 368-7322.

GED Courses offered

Free GED courses and testing are available. For more information, call 368-7322. Registration is 1-5 p.m., April 9 and 10.

See a college representative

Columbia Southern, 8 a.m. to 4 p.m., March 15; University of Phoenix (Online), 10 a.m. to 2 p.m., April 17; University of Maryland, 9 a.m. to 4 p.m., April 19; Saint Leo, Noon to 4 p.m., May 8.

Fort Stewart's Army Emergency Relief Annual Fund Campaign

AER is your organization to help you and other Army people in time of emergency need.

Your contribution helps the Army care for its own.

See your AER representative for more details or visit the Army Community Service to make a donation.

Railroad Crossing

Caution:

There will be increased rail activity March 20-April 7. Operations will be during the day and night. Traffic delays can be expected at railroad crossings. Please use extra caution when crossing tracks.



Ft. Stewart/Hunter Morale, Welfare and Recreation

Marne Madness Basketball Championship 22 March - 7pm

Newman Fitness Center, Bldg 439
Who will be the 3ID Intramural Champion?
Bradwell High School Band, Step Team, Cheerleaders, and Liberty County Cheerleaders will perform during the game
767-8238

Roller Skating Returns to Corkan Family Recreation 23 March - 3 to 9pm • Corkan Gym

Come and enjoy theme skating:
(Thu) Hip Hop, (Fri) Oldies, (Sat) Disco, (Sun) Rock-n-Roll
767-4273

Family Discount Outing @ Marne Lanes 24 & 31 March - 4 to 11pm • Marne Lanes

Enjoy an evening out with the family.
Buy one large pizza of your choice and receive 4 free games
767-4866

"PLAY DAY" @ Corkan Family Recreation 26 March - 10am to 1pm • Cypress Sam's Treehouse

Stay at home Mom's get the chance to get out the toddlers, so come and enjoy "PLAY DAY"
767-4273

Intramural Battalion-Level Swim Competition 28 March - 6 to 8pm • Newman Indoor Pool, Bldg 439

Sign up continues. Participants may compete in (1 to 3) of the following events
50, 100, 200 meter (Free Style); 50 or 100 meter (Breast-Stroke), and 200 meter (Medley). Come and see who can swim like a dolphin.
767-8238

Post Easter Egg Hunt @ FS & HAAF 31 March - 10am to 2pm; Ages 1-11

Fort Stewart:
Youth Sports Fields (Behind School Age Services, Bldg 5571)
Hunter:
Child Development & Youth Center Playground
Professional photographer available for photo's with the Easter Bunny. Kids Inflatable's & activities.
Bring a picnic and make a day of it.
FRGs may reserve a picnic spot at site.
For more info call 767-4491/ 4493 @ FS and 315-5708 Presented by MWR, AAFES, & Hispanic Heritage Club.

Mention of sponsor does not imply Government endorsement.

March, the 100 percent fad free nutrition month

Lt. Col. Will Wheeler

Tripler Army Medical Center, Hawaii

A fad can be defined as a fashion that becomes popular in a culture relatively quickly, yet loses popularity dramatically over time. In my youth I thought pet rocks, long hair, and a brand of shirt whose trademark was a logo displaying two feet were things that would be around forever. It was not to be. Two went the way of many fads while my long hair was victim to a barber during basic training.

What does all of this have to do with practicing sound food choices for lifelong health? Well March is National Nutrition Month® and this year's theme is "100% Fad Free."

Although some fads may end up as just topics of conversation in later years, diet fads can hinder us or prevent us from achieving our overall fitness goals.

The American Dietetic Association *website* www.eatright.org lists some fad diets from the past that may sound funny today but at one time were the craze. One promoted chewing food 32 times before swallowing, another promoted cabbage soup, and of course there is the low-carbohydrate diet that has popped up numerous times (in various forms) since it was first introduced in 1825.

Rather than list the common attributes of a fad diet, I would like to focus on what seems to stand the test of time and may guide us all towards habits that will help us be as healthy as we can be. The National Weight Control Registry (NWCR) was developed to identify and investigate the characteristics of individuals who have succeeded at long-term weight loss. These individuals have practiced habits that have helped them keep the weight off. Their daily practices can help all of us.

What all of these individuals had in common was a diet that can be characterized as low in calories, low in fat and high in

carbohydrates. They also ate several times throughout the day, monitored their body weight and exercised regularly.

A good resource for assessing your diet in comparison to sound diet practices is the Food Guide Pyramid at www.mypyramid.gov. The recommendations based on gender, age and activity level give most of us prudent guidelines on the number of servings we should consume from each of the food groups daily. Each food group also comes with suggestions on choosing foods to keep the calories and fat low, and the carbohydrates at recommended levels.

The participants averaged 4.9 meals or snacks per day. Skipping meals or going long periods of time without eating is not beneficial, whether you want to lose weight or maintain your weight. It takes planning but the benefits of several small feedings throughout the day are better for cognitive and physical performance. Having fresh fruit and vegetables on hand is well worth the effort.

Self-monitoring of your fitness goals allows you to see where you are at and what may or may not be working. The majority of people in the NWCR monitored body weight. That's a good thing to do; but you may also want to keep track of the number of times you exercise per week, the number of fruit and vegetables you consume per day, or how many glasses of water you consume. Once you set a goal, you'll want to be able to assess how well you are doing.

As for exercise, 91 percent of the individuals surveyed engaged in regular activity. For many that meant exercising one hour per day. Recommendations will vary based on your goals but consistency and choosing something that you enjoy are the keys to any exercise program.

I hope the above recommendations are helpful although you may never find them on the cover of a magazine where fads are commonly found. I believe they will continue to prove them-

selves over time. As for me, I haven't missed my pet rock, I am happy with the shirts I have now, and my hair will only grow long in some places on my head; but my commitment to healthy eating and regular exercise remains strong. Enjoy National Nutrition Month®, "100% Fad Free!"

Editor's note: Wheeler is a registered dietitian and the chief of the Nutrition Division at Tripler Army Medical Center.



Lt. Col. Will Wheeler

Maj. Jeffrey Pinco, chief of Pathology at Winn Army Community Hospital, shows students from Liberty County High School the morgue at Winn. More than 25 students from both Liberty High and Bradwell Institute spent the spring semester at Winn doing on the job training with medical and nursing professionals as part of the High School Healthcare Occupation program.

Commissary Fast Facts

National Nutrition Month: Don't forget the fruits and veggies.

With March being National Nutrition Month, it's a perfect opportunity to visit your local commissary's produce department and stock up on more fruits and vegetables. According to the 2005 dietary guidelines, people who eat more fruits and veggies as part of a healthy diet are likely to have a reduced risk of some chronic diseases such as diabetes and cancer. Fruits and veggies provide vitamins,

minerals and other nutrients that your body needs for health and maintenance. If you eat around 2,000 calories a day you need 2 cups of veggies and two cups of fruit each day according to the USDA MyPyramid.gov Web site. So during National Nutrition Month, take a good look at your diet and consider if you are eating the recommended daily allowance of fruits and veggies.

DeCA to open largest military commissary

The largest, most modern military commissary in the world is scheduled to open April 20 at Naval Base San Diego.

The 118,000-square-foot store will set the standard for a new generation of commissaries and adequately serve the area's 122,000 service members and their families. One of its prominent features is the "store within a store" concept that gives customers a choice of two primary entrances, one for convenience shopping and another for "pantry

loading." The new store will accommodate both types of shoppers while providing an average savings of 30 percent or more that customers of every rank have come to expect. The commissary will also have 18 full-service registers and 11 self-checkouts, a gourmet olive bar, multiple information kiosks with interactive touch screens and print capability, and a "cooking school" near a large health and wellness center that will be the store hub for healthy cooking demonstrations.



Justice Served

Military Justice

Specialist, from 26 BSB, found guilty at Article 15; AWOL; failure to report for duty; reduction to E1, forfeiture of \$416, 14 days extra duty.

Private, from 1/9 FA, found guilty at Article 15; disrespect in language toward an NCO, violation of a lawful Army regulation, reduction to E1, forfeiture of \$650, 45 days restriction/extra duty.

Private, from 1/30 Inf., found guilty at Article 15; wrongful use of marijuana; reduction to E1, forfeiture of \$650, 45 days extra duty.

Adverse Administrative Actions

Locally filed General Officer Memoranda of Reprimand for DUI Offenses

Pvt., 3-7 IN, BAC .160

Spc., 703 BSB, BAC .142

Pvt., 87 CSB, BAC .118

Spc., 3 FM, BAC .101

Pfc., 260 QM, BAC .141

Pvt., 260 QM, BAC .164

OMPF filed General Officer Memoranda of Reprimand for DUI Offenses

Sgt., 2-7 IN, BAC .096

Pfc., 260 QM, BAC .186

Pvt., 87 CSB, BAC .114

Spc., USAG, BAC .091

Sgt., 260 QM, BAC .160

Spc., 4 BCT, BAC .148

Pfc., 603 ASB, REFUSAL

Pvt., 703 BSB, REFUSAL

Cpl., 1-75 RGR, BAC .141

Spc., 1-75 RGR, REFUSAL

Fellowship at Warrior's Walk remembers heroes

Pat Young
Frontline Staff

An aura of brotherhood emanated from Warrior's Walk March 15 as more than a hundred family, friends, co-workers and well wishers gathered in the sacred grove to honor two recently fallen heroes.

The people came from all walks of life to pay tribute to the Soldiers who made the ultimate sacrifice, and to support the families of those who fell answering their nation's call.

"This is indeed a hallowed place," said Maj. Gen. Rick Lynch, 3rd Infantry Division commanding general on the occasion of the ceremony. "Here stand 320 living monuments to those who made the ultimate sacrifice. Warrior's Walk honors their courage with enduring love. I'm humbled to speak of two great people, two fine Soldiers who paid the ultimate sacrifice."

Pvt. Matthew T. Zeimer, 18, of

Glendive, Mont. died Feb. 2 in Ramadi, Iraq, of injuries sustained when he came in contact with enemy forces using small arms fire. He was assigned to the 3rd Battalion, 69th Armor Regiment, 1st



Jimmy McSalters

Families of Pvt. Matthew T. Zeimer and Pfc. Kelly Youngblood, 3/69 Armor, are escorted by Maj. Gen. Rick Lynch to Warrior's Walk, March 15.

Brigade Combat Team, 3rd Infantry Division.

"Private Matthew Zeimer came to the 3rd Infantry Division fresh from advanced individual training," Lynch said. "Matt was proud to be a Soldier. His brother-in-arms called him determined, helpful and kind. He held the Army values and ethos dear. He did not shy away from combat, putting the mission first. When the outpost, he arrived at just two hours before, came under attack, Matthew and the Soldier who he was to replace, both ran to the roof, to fight back. Shoulder to shoulder, Matthew and his comrade fought back - fighting for their lives and the lives of their fellow Soldiers in the outpost."

Pfc. Kelly Youngblood was from Mesa, Ariz. and was 19 when he died Feb. 18 in Ramadi of wounds suffered during combat operations. He was assigned to the 3/69 Armor.

"Private Kelly Youngblood was also a Soldier new to the 3rd Infantry

Division," Lynch said. "Kelly was intent on being a Soldier from childhood. And his dedication to answering the call of duty is indeed inspiring."

Lynch said Kelly was a sweet and loving son, grandson, and brother with a sense of humor.

"He was one of the funniest guys I ever met, but was an excellent Soldier," said Derek Benson, D Co., 3/69 Armor who recalls how Youngblood used to humor his fellow Soldiers with his skateboard antics and funny videos. "But he was a great Soldier and one of my best friends."

Lynch said Youngblood and Zeimer's memory would not fade away, but would be remembered forever.

Youngblood and Zeimer's names were committed to granite stones, and set before two Eastern Redbud trees, which were dedicated in their memorial.

This is living monument where people walking through Warrior's Walk can stop and reflect on the contributions of Soldiers who gave their all for a cause they believed in.

Motorcycle clubs support Soldiers, shows patriotism

Pat Young
Frontline Staff

A strong show of respect and support was given during the tree dedications for Private Kelly Youngblood and Private Matthew Zeimer, two Soldiers from 3rd Battalion, 69th Armored Regiment, who died in service to the nation in Iraq.

Several motorcycle riding clubs visited Warriors Walk March 1, to show and pay tribute to the heroes, and support their family and friends.

"We're here to honor these two Soldiers," said Patrick Schado, spokesperson for the Marne Riders, as he attested to the remarkable strength and commitment of the modern warriors. "These young Soldiers, regardless of age, made a commitment to support and defend the Constitution of the United States. They went forward to do that. These Soldiers today are unbelievable. I spent almost 21 years in the military. They were great then, and they're unbelievable now. What they go through. What they deal with. It's incredible. They're doing this with their eyes open and their hearts into it."

Beside the Marne Riders, whose general membership is associated with the 3rd Infantry Division past and present, other motorcycle clubs were in attendance to include the Christian Motorcycle Association, Patriot Guard Association, Doctor Town Guard and Wingmen.

Among those in attendance, riding with the Doctor Town Guard were the mother and step-father of Sgt. William Beardsley, 260th Quartermaster Co. who died Feb. 26 while in service to his country in Iraq.

Frank Graw, Beardsley's step-father, said his family wanted to show their support to the families of the fallen heroes. He related how his own son, Beardsley shared the same

great-spirit and love of the Army. He said Beardsley was similar to many of the new generation of Soldiers, because they believed in what they were doing.

"William was a good kid," Frank Graw said as he explained some of Beardsley's younger years. "He studied real hard. He liked hunting and archery. He liked the great outdoors. We did a lot of things together."

Graw said Beardsley stood beside his family during Graw's 21 years of service.

"As a matter of fact, he was standing here, on this field, where this grove is now, to welcome me home when I returned from Iraq," Graw said. "When he turned 18 he joined the Army and did four years."

Graw said Beardsley got out of the Army, but didn't like it, so he reentered the Army in 2005.

"He (William) knew he would be deploying to Iraq when he went back in. He deployed in September 2006 and died Feb. 26, 2007."

"There is a good quality to these Soldiers," Graw said. "I think every Soldier who joins today knows their job is to go where they're told, to do what is needed, and to come back home when it's over."

He said many of the motorcycle club members understand this because many were active duty, veterans, or had family who were.

Sgt. Schaefer, Eugene, Headquarters and Headquarters Support Company, Special Troops Battalion, rides with the Wingman of Long County Georgia. "I love what I'm doing. This is what I wanted to do when I was a little kid. My whole family is military. I choose to do this and I like doing it."

"We understand where the Soldier has been and where he's going," Graw said. "I think its time to bring the past with the present so we can all pray for the future."



Pat Young

Members of several motorcycle clubs showed their brotherly spirit in support of two Soldiers, March 15 at Fort Stewart's Tree Dedication Ceremony.

Gene Altman, a member of the Patriot Guard Riders, said the voice of the world was the common man's who support American Soldiers, not the voice of the likes of Jane Fonda.

"These are the worlds finest Soldiers. They want to be there, they volunteered," Altman said. "They want to make a difference and are letting us know back here, at home that they are. And we're proud of them."

"These trees you see out here represent the efforts of Soldiers who paid the ultimate price," said Grady Bazemore. "I think it's the least we can do, as American citizens, to come out here today show our support."

Nineteen engineers train, rejoin unit

Master Sgt. Rodney Williams
3rd Sustainment Bde. Public Affairs

Nineteen Soldiers assigned to the 92nd Engineer Battalion deployed last week in support of Operation Iraqi Freedom. These Soldiers were on Fort Stewart for only a few months before they will join the 500-plus members of the battalion already in Iraq.

“Hopefully I can go over there (Iraq) and support the mission and blend in with the rest of the battalion,” said Staff Sgt. Thomas Householder, who will deploy to Iraq for the first time. “I have been in Korea for the past five years, so I’m looking for a change of pace.”

In spite of their brief time on Fort Stewart, these Soldiers met all of the necessary training requirements before deploying.

“We did rifle marksmanship, convoy live-fire and participated in a combat life-saver course,” said 2nd Lt. Robert Wilkins, who has been on post since December. “We have also had lots of good training with some of the other units.”

“The Soldiers went through some training with other combat engineer units around Fort Stewart so they have had some high quality training,” added Capt. Michelle Peters-Rydberg, 92nd rear detachment commander.

The majority of these deploying engineers are reasonably new to the Army and this will be their first combat tour in Iraq. The Soldiers in the unit, who have been downrange before, try to paint them a good mental picture.

“I’ve been able to give them a rundown on some of the missions they will be doing,” said 1st Sgt. Denny Buck, who spent four months in Iraq before returning to become the unit’s rear



Rodney Williams

Capt. Michelle Peters-Rydberg, 92nd Engineer Battalion Home Detachment Commander, addresses Soldiers of the unit who recently deployed. These Soldiers will join up with the rest of the Battalion that deployed last fall in Iraq.

detachment first sergeant “Bottom line, the number one priority is taking care of your buddy and getting the job done.”

Buck had a chance to address the Soldiers before they conducted some final deployment processing in Caro Gym.

“I just wanted to stress to them that one of the first things to do is contact your family once you have arrived safely (in Iraq),” he said.

Although these 92nd Soldiers deployed several months after the initial wave, they will remain there for the duration of the Battalion’s deployment and redeploy when the time comes.

“I feel good about deploying because I’ve been waiting to go,” Householder said. “It’s about time I got over there (Iraq).”

ACS

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Braxton speaks from personal experience.

“I have all my husbands letters from Desert Storm and Desert Shield. I’ve had them all these years.” It’s clear those letters still mean a great deal to Braxton from the smile on her face. “Besides, nobody keeps emails. Letters can be kept and passed down

from generation to generation” notes Braxton. “I have even found several letters my father wrote my mother during World War II.”

Braxton advises taking care of how children see the war on TV. “If they want to watch CNN that’s okay but just for awhile.

But make sure the child knows that the Army is over there taking care of their mom or dad. Then back off and do something fun. Collect memories. They have to know that there is another part of the world and life other than the war.”

From listening to Braxton it becomes

clear that to her it is not just about parents caring for their children. It is about the Army family caring for its own.

For more information regarding pre-deployment issues, as well as other ACS assistance at Hunter Army Airfield, call 315-6816, or at Ft. Stewart, 767-5058.

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BANDITS ————— **From Page 1A**

"For us out here the biggest focus we have is a testament really to how well things are going in our AO," Dalton said. "If situations were not as they are now we wouldn't be able to come out and help the people."

Pfc. Kevin Sands, a cavalry scout with Troop B, 5/7 Cav. said that the humanitarian missions his unit conducts really help make him feel better about the operations they conduct around Ramadi.

"We're making differences in peoples' lives and putting smiles on their faces when you bring them things like medical supplies," he said. "It makes me feel good about what I do here."

Sands, a 20-year-old Irrigon, Oregon native, said that he always expected humanitarian missions to be part of his job in Iraq and is glad cavalry scouts get the opportunity to be a part of helping the people.

"Everyone assumes we shoot, move, communicate," he said. "Us touring reconstruction efforts, and bringing medical supplies lets everyone know we can help with humanitarian missions as well."

Despite the fact that it was a small neighborhood, the Soldiers distributed the medical supplies and see their work as part of the growing effort to make Ramadi better one little piece at a time.

"Every little bit helps out here," Sands said. "This is helping the peace and stability of Al-Boetha and ensuring that everyone knows our mission here is to help out."



Spc. Ricardo Branch

Cpl. Robert Bragdon, B Troop, 5/7 Cav. hands out medical supplies to one of the medical clinics March 10 at Al-Boetha.



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